

## Assessment Schedule – Intermediate Massage Clinical Assessment

### Conditions

This summative assessment is to be carried out within the Otago Polytechnic student massage clinic.

The assessment takes place within a scheduled massage session with a client of the student massage clinic.

### Resources

Students are permitted to bring their textbooks into the clinic.

The massage table drapes, lubricant and any additional equipment that may be required will be provided by Otago Polytechnic

### Assessor Guidelines

A student must meet all of the criteria for competency (C) to be **competent** in the assessment.

A student must meet 80% of the criteria for merit (M) to be given a **merit** for this assessment.

### Learning Outcomes

This integrated assessment aims to assess the following learning outcomes

- 1) Competently perform a subjective assessment
- 2) Identify the presence of disease, injury or dysfunction through (observation and) palpation of soft-tissue at an intermediate level
- 3) Develop a treatment plan from observation and palpation of soft-tissue and subjective analysis
- 4) Apply massage techniques at an intermediate level in accordance with the developed treatment plan
- 5) Use bolstering and positioning to enhance treatment
- 6) Use palpation to assess the therapeutic response to treatment



EVIDENCE	JUDGEMENT	C ☑	M ☑
<p><b>Pre-massage preparation</b></p> <p>Following the client interview, when the client is disrobing and getting ready on the table the student is expected to complete the following</p> <ul style="list-style-type: none"> <li>• Explain to the assessor the implications of any medical conditions on the client details form</li> <li>• Explain to the assessor the implications of any medications on the client details form</li> <li>• Record their treatment plan in the client records</li> </ul> <p>If the student is unfamiliar with either medical conditions or medications, they will be permitted to look up these conditions in either the clinic pathology text, or on the medical databases. The only exceptions to this rule are the medical conditions listed to the right.</p>	<p>The student must read over the client details form &amp; explain to their supervisor what the implications of each of the medical conditions on their treatment are. They will be permitted to look the medical conditions up in the pathology text unless the conditions are listed here. (1)</p> <ul style="list-style-type: none"> <li>• Blood clots/thrombosis</li> <li>• High/low bp</li> <li>• Pregnancy</li> <li>• Recent injury/surgery</li> </ul> <p>Supervisor's gauge of the student's knowledge of medical conditions. (1)</p> <p>If any medications are stated on the form, the student must either explain to the supervisor what the implications of the medications on their treatment are, or must look them up on the medical databases. (1)</p> <p>Supervisor's gauge of the student's knowledge of medications and/or competency in accessing the medical databases and interpreting them. (1)</p> <p>The treatment plan for the current session is recorded in the client records. (3)</p> <p>The plan is logically based on assessment findings including (3)</p> <ul style="list-style-type: none"> <li>• Subjective assessment findings</li> <li>• Observational findings</li> <li>• Palpatory findings (if any)</li> </ul> <p>The treatment plan includes (3)</p> <ul style="list-style-type: none"> <li>• Regions of the body that therapist intends to treat with reference to anatomical structures that may be involved</li> <li>• Massage techniques that the therapist intends to use</li> <li>• Time which will be spent on each region being treated.</li> </ul> <p>Massage techniques chosen are safe given assessment findings. (3)</p> <p>Massage techniques chosen are consisted with treatment goals and assessment findings. (3)</p>		
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EVIDENCE	JUDGEMENT	C <input checked="" type="checkbox"/>	M <input checked="" type="checkbox"/>
<b>Pre-massage preparation</b>  Before re-entering the massage clinic the student is expected to <ul style="list-style-type: none"><li>Observe hygiene practices</li><li>Indicate their entry to the client</li></ul>	Student follows good principles of hygiene including <ul style="list-style-type: none"><li>Washing hands to elbows</li><li>Cleaning oil container before the massage</li></ul> Entry of therapist to the clinic after client has changed is indicated & client is given chance to let therapist know that they are not ready		
<b><u>Feedback on assessment and treatment planning</u></b>			

EVIDENCE	JUDGEMENT	C <input checked="" type="checkbox"/>	M <input checked="" type="checkbox"/>
<p><b>Massage application</b></p> <p>The student observes the condition of the client's skin in the time between the skin is uncovered and the massage begins.</p> <p>The student may make postural observations at any time during the massage.</p> <p>The student should palpate the condition of the client's soft-tissues</p> <ul style="list-style-type: none"> <li>• Before treatment</li> <li>• During treatment</li> <li>• Following treatment</li> </ul> <p>The therapist should verbalise any observations that they make to the clinical assessor.</p> <p>If the student has not verbalized any palpatory findings, the assessor should prompt them to do so.</p>	<p><b>Observation</b> of soft tissue determines the presence of any signs of disease or injury that are present before the application of massage techniques. Safety of therapist and client is preserved. (2)</p> <ul style="list-style-type: none"> <li>• Bruises</li> <li>• Burns</li> <li>• Broken skin</li> <li>• Inflammation</li> <li>• Skin conditions</li> <li>• Any other signs that are deemed to be important by the clinical supervisor.</li> </ul> <p><b>Observation</b> is comprehensive. Student demonstrates a good understanding of observable signs including (2)</p> <ul style="list-style-type: none"> <li>• Nature of skin conditions</li> <li>• Skin colouration</li> <li>• Musculoskeletal asymmetry (including upper-cross/lower-crossed syndrome and/or scapula position)</li> <li>• Any other signs that are deemed to be important by the clinical supervisor.</li> </ul> <p>A <b>pain scale</b> is described to the client before the application of deep-tissue massage techniques. (4)</p> <p>The <b>pain scale</b> is clearly described (including reference to the level on the pain scale that relates to tensing up in reaction to pain), and consistently used in the massage. (4)</p> <p>During the massage, student locates at least one area of soft-tissue dysfunction with <b>palpation</b> and describes what they are feeling to the clinical supervisor. (2)</p> <p>The description relates what the student is <b>palpating</b> to the following things, and the description is logical. (2)</p> <ul style="list-style-type: none"> <li>• Anatomical structures</li> <li>• Muscle tension</li> <li>• Soft-tissue changes (including heat/cold, fascial adhesion, build-up of metabolites, guitar strings, or other soft-tissue changes)</li> <li>• Postural imbalances identified in the course of assessment</li> </ul>		
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EVIDENCE	JUDGEMENT	C ☑	M ☑
<p><b>Massage application</b></p> <p>The quality of the student's massage technique, and their adherence to best-practice principles of massage application is the evidence required for this set of judgements</p> <p>If the student notices that they are using poor body mechanics, it's recommended that they verbalise this to the assessor.</p>	<p>Massage techniques progress from (4) Superficial &amp; General → Deep &amp; Specific → Superficial &amp; General</p>		
	Tissues are adequately <b>warmed up</b> before deep-tissue techniques are applied. (4)		2
	Tissues are adequately <b>flushed</b> following application of deep-tissue techniques. (4)		2
	Therapist retains <b>rhythm</b> and flow in the massage (4).		2
	<p><b>Client's verbal and non-verbal response</b> to treatment are observed and verbalized to the assessor (4)</p> <ul style="list-style-type: none"> <li>Breathing rhythm</li> <li>Muscle tension</li> <li>Other signs that the clinical assessor judges to be relevant</li> </ul>		2
	<p><b>Massage techniques</b> are modified to provide effective treatment. (4)</p> <ul style="list-style-type: none"> <li>Pressure</li> <li>Rhythm</li> <li>Direction</li> <li>Force</li> <li>Duration of movement</li> </ul>		4
	The selection and application of <b>massage techniques</b> is in accordance with (4)		
	<ul style="list-style-type: none"> <li>Client's medical condition</li> <li>Treatment goals</li> <li>Treatment plan</li> </ul>		
	Functionally related muscles are treated as a group. (4)		3
	Therapist's <b>body mechanics</b> ensure practitioner safety. Any poor body mechanics are noticed and adjusted in the course of treatment. (4)		
	Therapist's <b>body mechanics</b> are consistently good, and contribute to effective treatment. (4)		4



**Feedback on message application**



EVIDENCE	JUDGEMENT	C <input checked="" type="checkbox"/>	M <input checked="" type="checkbox"/>
<p><b>Post-massage write-up</b></p> <p>The student is allowed 15 minutes after the scheduled finish time for their massage session to reflect on the session and write up their client records.</p> <p>The client records provide the evidence required for this set of judgements.</p>	<p>The client records include a minimum of 75% of the points discussed in the client history taking (1)</p> <ul style="list-style-type: none"><li>• Presence of pain or discomfort</li><li>• Restricted function</li><li>• History of past injuries/ surgeries with ongoing effects</li><li>• Current treatments from other healthcare providers</li><li>• Clearance from a health professional for treatment where necessary</li><li>• Any other information which the clinical supervisor deems to be clearly relevant to the case and important.</li></ul> <p>Observations are recorded in the client’s records clearly and comprehensively. (3)</p> <ul style="list-style-type: none"><li>• Soft-tissue</li><li>• Postural</li><li>• Client’s psychological state</li></ul> <p>Palpatory findings are recorded in the client records. (3)</p> <p>Palpatory findings are clearly and comprehensively recorded in the client’s records. (3)</p> <p>An analysis of the effectiveness of the treatment is recorded in the client records. (6)</p> <p>The analysis of the effectiveness of treatment is related to post-treatment palpatory findings (6)</p> <p>A longer-term treatment plan is chosen based on assessment findings generated during the massage, and is recorded in the client records. (3)</p>		
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			3
Initial assessment			
Competent / Not yet competent			
Merit calculation		Reassessment	
Marks towards a merit: /		Competent / Not competent	